

snack *from all* 5 *food groups*

Fruit*

Cut apples, bananas, peaches, grapes, orange slices, strawberries, pears, plums, apricots, nectarines, clementines, melon, kiwi, cherries, blueberries, raspberries, pineapple.

Dried Fruit

Raisins, apples, peaches, apricots, pears, dates, pitted prunes, cherries.

Vegetable*

Carrots, broccoli, cauliflower, peppers, green beans, sugar snap peas, tomatoes, celery, squash, cucumber, zucchini.

Milk

Lowfat (1%) or fat free (skim) milk, cheese (grated or cubed), yogurt, cottage cheese, pudding.

Smoothies

Blend yogurt, fruit, milk and 100% juice together.

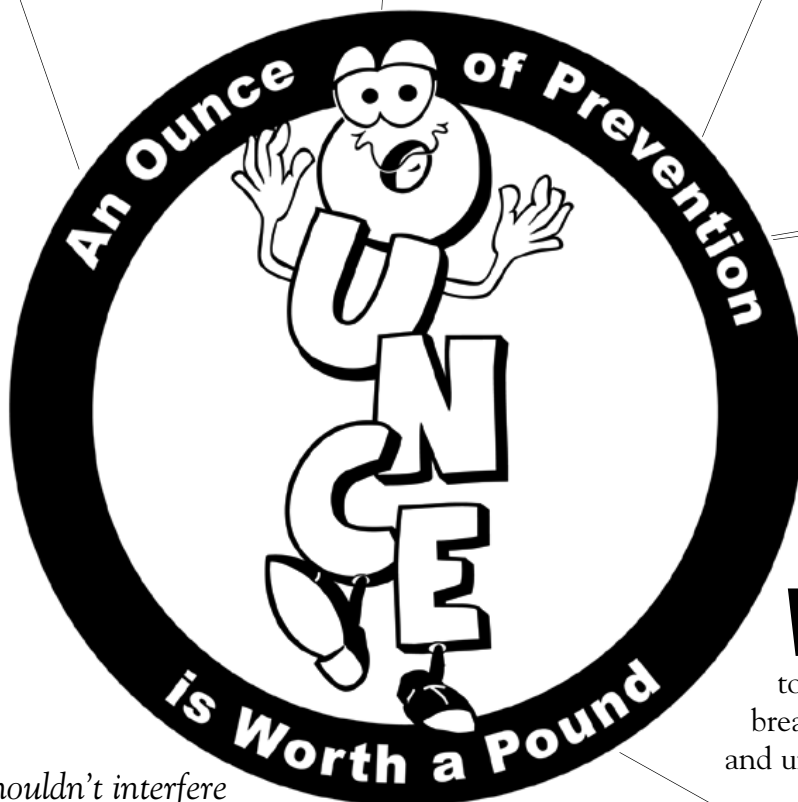
Meat & Beans

Lean protein, such as chicken, turkey, tuna or egg salad, bean dip, hard-boiled egg, peanut butter, hummus and nuts*.

Whole Grain

tortilla, bagel, bun, crackers, bread or English muffin, and unsweetened cereal.

** Use caution when feeding these foods to young children due to a possible choking problem.*



Snacks shouldn't interfere with meals; keep portions small



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